

Name: _____

Date: _____

BURNOUT SIGNS & SYMPTOMS

In each section below, list the signs, and symptoms that you associated with being stressed and/or burned out at work...

Physical signs/symptoms (e.g., tired, overeating, drinking alcohol, not enjoying leisure activities, etc.):

Emotional signs/symptoms (e.g., lashing out at others, increased frustration, etc.):

Social signs/symptoms (e.g., isolating, arguing with others, not wanting to go out, etc.)

Spiritual signs/symptoms (e.g., feeling disconnected, hopeless, etc.)

Occupational (e.g., hate coming to work, not feeling focused or productive at work, etc.)

BURNOUT SOLUTIONS

In each section below, look at the signs and symptoms you listed, and develop 2 -3 solutions for preventing or intervening with them.

Physical Solutions:

Emotional Solutions:

Social Solutions:

Spiritual Solutions:

Occupational Solutions: